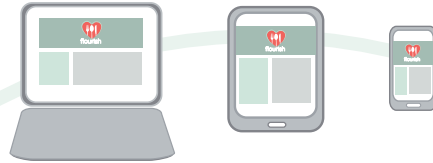




flourish

How to order your school meals online



How do I purchase meals?

We hope that your children are enjoying the new look lunches at Victoria College Prep. Please note that the boys can now simply turn up and pay for a meal on the day, you no longer need to order in advance.

If you wish for your child to have a hot lunch, please visit www.checkout.je/topup.html and order a Touch Top Up card.

This restaurant card offers parents the ability to manage their money via a secure online payment system which is managed locally by Checkout.

The site is available to use 24 hours a day, 7 days a week. On the website please click on 'Order a Card'.

Once you have created an account you will be sent a card in the post. Please be aware that top up cards will be charged at £5 per student, this covers the cost of creating and delivering the card.

VICTORIA COLLEGE PREPARATORY SCHOOL

AUTUMN TERM 2022

SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1 5th Sept INSET DAY	6th Sept Chilli con carne with tacos and refried beans or Vegetable chilli with tacos, refried beans, and feta cheese Served with a tomato and sweetcorn salsa and sour cream Fruit of the day or bake of the day	7th Sept Roast pork and apple sauce or Vegetable loaf with tomato sauce Served with roast potatoes and seasonal veg. Fruit of the day	8th Sept AIR SHOW (NO SCHOOL)	9th Sept Fish goujons with chips and baked beans or peas Butternut squash falafel in a wrap with hummus With chips and peas Fruit of the day or bake of the day
Week 2 12th Sept Nut free Pesto Pasta Served with focaccia and salad Fruit of the day	13th Sept Pulled Pork sub with cucumber and a tangy BBQ sauce served with potato wedges or Mediterranean dirty sweet potato fries with tomato and chickpea salsa, and tzatziki Fruit of the day or bake of the day	14th Sept Roasted lemon and thyme chicken or Roast butternut and sage tart Served with roast potatoes and seasonal vegetables Fruit of the day	15th Sept Teriyaki beef stir fry or Chilli vegetable stir fry Both served with noodles. Fruit of the day or bake of the day	16th Sept Battered fish fillet or Quesadillas with cannellini beans, peppers and cheese With chips, peas and salad Fruit of the day or bake of the day
Week 3 19th Sept Crispy Mac n Cheese Served with focaccia and salad Fruit of the day	20th Sept Chicken and coconut curry or Vegetable and chickpea curry Both served with rice, roasted cauliflower, and naan bread. Fruit of the day or bake of the day	21st Sept Roast turkey or Vegetable loaf Served with roast potatoes and seasonal vegetables Fruit of the day	22nd Sept Beef and pork lasagne or Vegetarian red lentil lasagne with seasonal vegetables Served with focaccia and salad Fruit of the day or bake of the day	23rd Sept Popcorn fish or Carrot balls with a sweet and sour sauce Served with chips and peas Fruit of the day or bake of the day
Week 4 26th Sept Tomato and pepper pasta Served with cheese, focaccia and salad Fruit of the day	27th Sept Chilli con carne with tacos and refried beans or Vegetable chilli with tacos, refried beans, and feta cheese Served with a tomato and sweetcorn salsa and sour cream Fruit of the day or bake of the day	28th Sept Roast pork and apple sauce or Vegetable loaf with tomato sauce Served with roast potatoes and seasonal veg. Fruit of the day	29th Sept Chicken Katsu curry or Tofu Katsu curry Served with rice and a crispy salad of white cabbage, carrot, and peas Fruit of the day or bake of the day	30th Sept Fish goujons with chips and baked beans or peas Butternut squash falafel in a wrap with hummus With chips and peas Fruit of the day or bake of the day
Week 5 3rd Oct Nut free Pesto Pasta Served with focaccia and salad Fruit of the day	4th Oct Pulled Pork sub with cucumber and a tangy BBQ sauce served with potato wedges or Mediterranean dirty sweet potato fries with tomato and chickpea salsa, and tzatziki Fruit of the day or bake of the day	5th Oct Roasted lemon and thyme chicken or Roast butternut and sage tart Served with roast potatoes and seasonal vegetables Fruit of the day	6th Oct Teriyaki beef stir fry or Chilli vegetable stir fry Both served with noodles. Fruit of the day or bake of the day	7th Oct Battered fish fillet or Quesadillas with cannellini beans, peppers and cheese With chips, peas and salad Fruit of the day or bake of the day
Week 6 10th Oct Crispy Mac n Cheese Served with focaccia and salad Fruit of the day	11th Oct Chicken and coconut curry or Vegetable and chickpea curry Both served with rice, roasted cauliflower, and naan bread Fruit of the day or bake of the day	12th Oct Roast turkey or Vegetable loaf Served with roast potatoes and seasonal vegetables Fruit of the day	13th Oct Beef and pork lasagne or Vegetarian red lentil lasagne with seasonal vegetables Served with focaccia and salad Fruit of the day or bake of the day	14th Oct Popcorn fish or Carrot balls with a sweet and sour sauce Served with chips and peas Fruit of the day or bake of the day
Week 7 17th Oct Tomato and pepper pasta Served with cheese, focaccia and salad Fruit of the day	18th Oct Chilli con carne with tacos and refried beans or Vegetable chilli with tacos, refried beans, and feta cheese Served with a tomato and sweetcorn salsa and sour cream Fruit of the day or bake of the day	19th Oct Roast pork and apple sauce or Vegetable Loaf with tomato sauce Served with roast potatoes and seasonal veg. Fruit of the day	20th Oct Chicken Katsu curry or Tofu Katsu curry Served with rice and a crispy salad of white cabbage, carrot, and peas Fruit of the day or bake of the day	21st Oct Fish goujons with chips and baked beans or peas Butternut squash falafel in a wrap with hummus With chips and peas Fruit of the day or bake of the day

HALF TERM WEEK: 24TH - 28TH OCTOBER

Week 8 31st Oct HALLOWEEN Nut free Pesto Pasta Served with focaccia and salad Fruit of the day	1st Nov Pulled Pork sub with cucumber and a tangy BBQ sauce served with potato wedges or Mediterranean dirty sweet potato fries with tomato and chickpea salsa, and tzatziki Fruit of the day or bake of the day	2nd Nov Roasted lemon and thyme chicken or Roast butternut and sage tart Served with roast potatoes and seasonal vegetables Fruit of the day	3rd Nov Teriyaki beef stir fry or Chilli vegetable stir fry Both served with noodles Fruit of the day or bake of the day	4th Nov Battered fish fillet or Quesadillas with cannellini beans, peppers and cheese With chips, peas and salad Fruit of the day or bake of the day
Week 9 7th Nov Crispy Mac n Cheese Served with focaccia and salad Fruit of the day	8th Nov Chicken and coconut curry or Vegetable and chickpea curry Both served with rice, roasted cauliflower, and naan bread Fruit of the day or bake of the day	9th Nov Roast turkey or Vegetable loaf Served with roast potatoes and seasonal vegetables Fruit of the day	10th Nov Beef and pork lasagne or Vegetarian red lentil lasagne with seasonal vegetables Served with focaccia and salad Fruit of the day or bake of the day	11th Nov Popcorn fish or Carrot balls with a sweet and sour sauce Served with chips and peas Fruit of the day or bake of the day
Week 10 14th Nov Tomato and pepper pasta Served with cheese, focaccia and salad Fruit of the day	15th Nov Chilli con carne with tacos and refried beans or Vegetable chilli with tacos, refried beans, and feta cheese Served with a tomato and sweetcorn salsa and sour cream Fruit of the day or bake of the day	16th Nov Roast pork and apple sauce or Vegetable Loaf with tomato sauce Served with roast potatoes and seasonal veg. Fruit of the day	17th Nov Chicken Katsu curry or Tofu Katsu curry Served with rice and a crispy salad of white cabbage, carrot, and peas Fruit of the day or bake of the day	18th Nov Fish goujons with chips and baked beans or peas Butternut squash falafel in a wrap with hummus With chips and peas Fruit of the day or bake of the day
Week 11 21st Nov Nut free Pesto Pasta Served with focaccia and salad Fruit of the day	22nd Nov Pulled Pork sub with cucumber and a tangy BBQ sauce served with potato wedges or Mediterranean dirty sweet potato fries with tomato and chickpea salsa, and tzatziki Fruit of the day or bake of the day	23rd Nov Roasted lemon and thyme chicken or Roast butternut and sage tart Served with roast potatoes and seasonal vegetables Fruit of the day	24th Nov Teriyaki beef stir fry or Chilli vegetable stir fry Both served with noodles Fruit of the day or bake of the day	25th Nov Battered fish fillet or Quesadillas with cannellini beans, peppers and cheese With chips, peas and Salad Fruit of the day or bake of the day
Week 12 28th Nov Crispy Mac n Cheese Served with focaccia and salad Fruit of the day	29th Nov Chicken and coconut curry or Vegetable and chickpea curry Both served with rice, roasted cauliflower, and naan bread Fruit of the day or bake of the day	30th Nov Roast turkey or Vegetable loaf Served with roast potatoes and seasonal vegetables Fruit of the day	1st Dec Beef and pork lasagne or Vegetarian red lentil lasagne with seasonal vegetables Served with focaccia and salad Fruit of the day or bake of the day	2nd Dec Popcorn fish or Carrot balls with a sweet and sour sauce Served with chips and peas Fruit of the day or bake of the day
Week 13 5th Dec Tomato and pepper pasta Served with cheese, focaccia and salad Fruit of the day	6th Dec Chilli con carne with tacos and refried beans or Vegetable chilli with tacos, refried beans, and feta cheese Served with a tomato and sweetcorn salsa and sour cream Fruit of the day or bake of the day	7th Dec CHRISTMAS DINNER	8th Dec Chicken Katsu curry or Tofu Katsu curry Served with rice and a crispy salad of white cabbage, carrot, and peas Fruit of the day or bake of the day	9th Dec Fish goujons with chips and baked beans or peas Butternut squash falafel in a wrap with hummus With chips and peas Fruit of the day or bake of the day
Week 14 12th Dec Nut free Pesto Pasta Served with focaccia and salad Fruit of the day	13th Dec Pulled Pork sub with cucumber and a tangy BBQ sauce served with potato wedges or Mediterranean dirty sweet potato fries with tomato and chickpea salsa, and tzatziki Fruit of the day or bake of the day	14th Dec Roasted lemon and thyme chicken or Roast butternut and sage tart Served with roast potatoes and seasonal vegetables Fruit of the day	15th Dec Teriyaki Beef stir fry or Chilli vegetable stir fry Both served with noodles Fruit of the day or bake of the day	16th Dec Battered fish fillet or Quesadillas with cannellini beans, peppers and cheese With chips, peas and salad Fruit of the day or bake of the day



Our mission is to support every child and young person in Jersey, under 18, to access nutritious food at school, at home and in the community, now and for generations to come. We do this through collaborative programmes of support and education to deliver our grow, cook, eat ethos across the island, which has a positive impact on their eating habits and encourages a life long approach to good nutrition.



Did you know?

- All of our meals are freshly prepared every morning
- As much of our produce as possible is locally sourced through local businesses such as Valley Foods, Jersey Dairy, and Homefields to promote local and sustainable food production
- Sourcing locally enables us to support local employment for local people, some of whose children benefit from our programmes and to ensure every penny we spend protects rather than damages our environment
- All of our meals always meet, and often exceed the School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- All of our desserts are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day as an alternative to desserts, to give your child a choice
- All of our meat is ethically sourced and our eggs are free range
- All of the fish used on our menus is Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards
- All of our meals are cooked, delivered and served in containers that are washed and reused - we don't use any single use plastic
- All of the food waste from our kitchen is composted and used to grow fruits and vegetables on local allotments
- All of our meals can be adapted to accommodate allergies - just ask

If you haven't already, why don't you give our meals a try and save yourself valuable time in making packed lunches as well as ensuring your children are getting a nutritious lunch to fuel their learning in the afternoon. If you would like to discuss anything with us please get in touch at flourish@caringscooksforjersey.com or on 539009.

Have you had your 5-A-Day?



Awesome Orange



Super Strawb



Brilliant Broccoli



Courageous Carrot



Brave Banana



For more info visit: gov.je/FoodandNutrition